SERVING MANY

Food news for food managers in industrial plants, restaurants, hotels, and hospitals

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COOK THEM PROPERLY

We've worried so much lately over foods that are a little on the scarce side that we may have overlooked some of the plentiful varieties. For instance, fresh vegetables will be in abundant supply for the balance of 1945. The 1944 vegetable crop was a record one, and looks like this year's production will top even that record. Take the month of June for example, cabbage, carrots, new potatoes, onions, and tomatoes, are expected to be plentiful in national supply. And that's not all, local areas will furnish good supplies of additional varieties.

Watch for these plentiful seasonable vegetables and use them often while they are available and when the best values in quality and price can be obtained.

Treat Them Right

It's fortunate that the methods of cooking vegetables that best preserve their natural color and flavor, also tend to conserve a larger amount of their nutritive value. Overcooking and long standing after cooking not only change vegetable colors from fresh greens and clear yellows to olive drab and grayed yellow tones, but at the same time destroy much of the nutritive value of the vegetables.

It's worth your time in these days to make your food attractive as well as wholesome. It's not enough for the food manager merely to include plentiful foods on the menu. That won't automatically "sell" them to the workers. They have to have sales appeal. Fresh vegetables must look good as well as taste good--so treat them right when you cook 'em.

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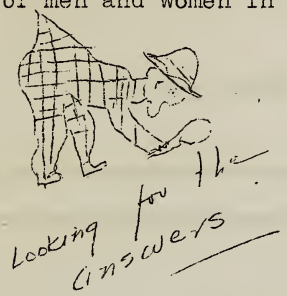
Did you know that?

During the last few years the effects of cooking vegetables in quantity by various methods on the retention of nutritive values has been studied. The interest of the Army and Navy in findings of this kind, as they affect the nutrition of men and women in the armed services, has stimulated much of this research.



Vegetables contain varying amounts of nutrients depending on the variety, stage of maturity, and ways in which they have been stored and shipped. Green and yellow vegetables supply Vitamin A and some also supply Vitamin C and Vitamin B_1. Tomatoes are a good source of both Vitamins A and C. Potatoes, because of the relatively large quantities eaten by most workers, are a fairly good source of Vitamin C and of iron.

Most of the research on vegetables cooked in quantity has been to determine the effect on the retention of Vitamins A, B_1 and C. Although all the results have not been conclusive, and more experimental work needs to be done, the studies indicate the trend of procedures in cooking and handling vegetables to be followed in industrial feeding. Some of the findings in which industrial feeding managers will be interested are:

1. Hoard those vitamins and minerals. Cooking always causes some loss in the nutritive value of vegetables. The causes for these losses are exposure to heat, water, and air. Methods of large quantity vegetable cookery that reduce exposure to these factors to a minimum are steam cooking and boiling in a steam-jacketed kettle.

2. Get to the boiling point quickly. Another reason for cooking vegetables in a steam-jacketed kettle, instead of on top of the stove, is that the retention of Vitamin C is greater when the time it takes the food to heat through and begin to cook is short. Large quantities of vegetables placed in boiling water lower the temperature of the water. The time required to bring the water back to the boiling point is shorter when a steam-jacketed kettle is used.

3. Take the short way to nutritive values. Not only the temperature, but the length of time that vegetables are cooked affects the amount of nutrients that are lost. Fast cooking for a short time results in a smaller loss in food value than that resulting from slower cooking. Vegetables steamed for a short time in a compartment pressure steamer retain more nutritive value than those cooked a longer time in boiling water. The high temperature in the pressure steamer may be destructive to the vitamin content of vegetables if they are overcooked; therefore, the time schedule should be watched carefully so that the vegetables are cooked in the shortest time possible to make them tender.

4. Don't drown them. Food losses are increased when vegetables are cooked in excessively large amounts of water because the nutrients dissolve out in the water. When vegetables are cooked in a steam-jacketed kettle just enough

boiling water should be used to prevent the vegetables from sticking and to bubble up through the mass.

5. Slow up -- don't cook vegetables at a "galloping" boil or stir them unnecessarily. Keep the water in which vegetables are cooked boiling gently, but do not let the water boil so hard that the vegetables are broken, for this increases the vitamin and mineral losses. Stirring vegetables while they are cooking increases the exposure to air and therefore the Vitamin C loss, and should be avoided.

6. Cook vegetables whole or in large pieces to conserve their nutritive value. Less of the nutrients is destroyed by exposure to air and water when the vegetables are cooked whole or in large pieces. Young, tender vegetables should be cooked whole, and older ones should be cut in halves, quarters, or strips rather than in smaller pieces.

7. Cook vegetables immediately before they are served. Holding vegetables in either a bain marie or steam table after they are cooked, or even letting them stand at room temperature increases the loss of vitamins. Long holding periods are especially harmful. Vegetables should be cooked as short a time as possible before they are served.

The rules for cooking vegetables given are based on the experimental studies on vegetable cookery. If they are followed in your plant, vegetables should be better cooked and have higher nutritive value. Try posting these rules for the guidance of the vegetable cooks.

We've got one abundant food, in these days of scarcities and shortages, and it will blend nicely with June's fresh vegetables -- cottage cheese.

You see, this is the flush milk production period of the year. Unfortunately it won't mean more butter and cream; military requirements for these items have kept pace with the increased output; but it does mean more skim milk, and that's where the cottage cheese comes from.

It's an excellent source of protein and calcium, with a dash or so of the B Vitamins. What's more, it rates high on appetite appeal. Use it as a substitute for that now elusive butter and margarine, or try a few of these ideas:

1/ * Cottage Cheese Croquettes Servings: 100 ($\frac{1}{2}$ cup)

Ingredients

6 quarts cottage cheese	$\frac{1}{2}$ cup salt
6 quarts bread crumbs	$1\frac{1}{4}$ gallons milk
6 cups chopped nut meats	10 eggs
2 tablespoons paprika	$1\frac{1}{4}$ cups milk
2 cups chopped green peppers	$4\frac{1}{2}$ cups bread crumbs

Procedure

1. Combine cheese and the 6 quarts crumbs with nut meats and seasoning.

2. Add $1\frac{1}{4}$ gallons milk and mix well.
3. Mold into croquettes using one-half cup for each.
4. Dip in a mixture made of eggs and $1\frac{1}{4}$ cups milk, and then in crumbs.
5. Fry in deep fat and serve with cream sauce.

1/ * Cottage Cheese, Carrot Aspic — Servings: 50

Ingredients

4 quarts water
1 (10 oz.) package aspic gelatin
1 cup vinegar
2 teaspoons salt
4 tablespoons minced onion
2 quarts cottage cheese
1 quart grated carrots
$\frac{1}{2}$ cup chopped parsley

Procedure

1. Boil 2 quarts water and dissolve gelatin in it.
2. Add remaining cold water, vinegar, salt and onion.
3. Chill until it begins to thicken.
4. Add remaining ingredients and mix well.
5. Pour into molds or shallow pan and chill until firm.
6. Serve with lettuce and salad dressing.

1/ * Molded Cottage Cheese Salad — Servings: 64

Ingredients

5 tablespoons gelatin
$1\frac{1}{2}$ cups cold water
6 cups hot water
$2\frac{1}{2}$ cups sugar
$1\frac{1}{4}$ cups lemon juice
$2\frac{1}{2}$ pints cottage cheese
$1\frac{1}{4}$ cups chopped nuts
$1\frac{1}{4}$ cups chopped olives

Procedure

1. Soak gelatin in cold water and dissolve in hot water.
2. Add sugar and stir until dissolved.
3. Add lemon juice and cool until it begins to congeal.
4. Mix together cheese, nuts and olives.
5. Add gelatin mixture, allowing cheese mixture to remain in large pieces.
6. Pour into pans and chill until firm.

1/ * Cottage Cheese, Tomato Aspic — Servings: 50 ($\frac{1}{2}$ cup)

Ingredients

1 (26 oz.) can lemon flavored gelatin
2 quarts hot water
2 quarts tomato puree
1 cup lemon juice
$\frac{1}{4}$ cup onion juice
1 tablespoonful salt
2 quarts diced celery
1 (No. 10) can peas
2 quarts cottage cheese

Procedure

1. Dissolve gelatin in hot water.

2. Add remaining liquids.
3. Allow to cool and when mixture starts to jell add celery, peas, and cottage cheese.
4. Serve on lettuce with combination dressing.

2/ * Cottage Cheese and Carrot Salad — 50 $\frac{1}{2}$ cup servings

$2\frac{1}{2}$ quarts cottage cheese
1 cup minced parsley or chopped cabbage
$2\frac{1}{4}$ quarts grated carrots
1 tablespoon salt

Combine all ingredients, making sure that the cabbage and carrots are finely chopped or shredded. Serve on crisp lettuce leaves.

1/ Quantity Food Service Recipes - American Dietetic Association

2/ Quantity Recipes for Quality Foods - Evaporated Milk Association

MAIN DISHES

Fruit salad plate with raisin bread cottage cheese sandwiches.
Fruit salad plate with cottage cheese salad.
Mixed vegetable salad plate with hard cooked egg and cottage cheese.
Cold plate with hard cooked egg, luncheon meat, cottage cheese and mixed vegetable salad.
Cottage cheese croquettes. *

SALADS

Serving Plain Cottage Cheese

Plain cottage cheese may become a pretty dish as well as a nutritious one with the addition of a simple garnish. To plain cottage cheese add milk to make moist enough and salt to taste. Pile lightly on dish and garnish if desired.

Garnishes:

A sprinkling of paprika
Finely chopped parsley
A few dainty sprigs of parsley
Finely chopped chives
Olives, sliced
Strips of pimiento or pepper
Dots of bright colored jelly
Slices of cucumber
Slices or sections of tomato

It is a pleasing combination to serve cottage cheese with a fruit such as apple butter, pineapple, apricots, cranberry jelly or relish, currant jelly, or a tart vegetable such as tomatoes.

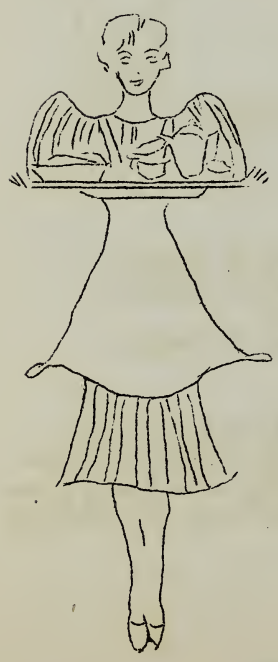
Cottage cheese, apple, cucumber, peanut salad.
Cottage cheese, cucumber, chives salad.
Cabbage, pimiento salad, buttermilk dressing.
Cottage cheese with canned peaches, pears, or prunes.
Cottage cheese with tomato wedges or sliced tomatoes.
Cottage cheese with Slaw.
Cottage cheese with fruit sections, as orange, apple, etc.
Cottage cheese, carrot aspic. *
Sliced green stuffed peppers with cottage cheese.
Cottage cheese, tomato aspic. *
Cottage cheese, vegetable aspic.
Molded cottage cheese salad. *
Plain cottage cheese and carrot salad. *
Cottage cheese and raisin salad.
Fruited gelatin with cottage cheese. *

SANDWICHES

Hot cottage cheese, tomato sandwich.
Cottage cheese combined with:

cucumber	jelly, marmalade, fruit butter
rhubarb, raisin sauce	orange pear honey
olives	salted peanuts
onion	pimiento
chopped cooked bacon	tart pickles or relish
chili sauce	chopped crisp celery
horseradish	relish and celery
olives and nuts	peanut butter

NOTE: Suggest spreading one slice with one of above and the other with seasoned cottage cheese filling.



Menus for Special Lunches

1.

Hamburg cake
Creamed new potatoes
Tomato salad with green onions
Enriched roll with butter or fortified margarine
Butterscotch pudding
Beverage

2.

Stuffed shoulder of lamb
Parsleyed potatoes
New beets and greens
Enriched bread with butter or fortified margarine
Cantaloupe
Beverage

3.

Vegetable plate:
  Baked corn pudding
  Buttered green beans
  Cabbage and carrot salad
Whole-wheat bread with butter or fortified margarine
Blackberry pie
Milk

4.

Baked beans with salt pork
Fresh buttered cabbage
Sliced tomato and lettuce salad
Brown bread with butter or fortified margarine
Cottage pudding with fruit sauce
Milk

5.

Fried fish with lemon
Scalloped potatoes
String beans
Whole-wheat bread with butter or fortified margarine
Pink rhubarb sauce
Oatmeal cookie
Beverage

6.

Boiled tongue with horseradish sauce
Mashed potatoes
Fresh spinach
Enriched roll with butter or fortified margarine
Peach shortcake
Milk

7.

Chicken pie (with celery and peas)
Parsleyed potatoes
Tossed vegetable salad
Enriched rolls with butter or fortified margarine
Fruit cup
Milk

8.

Cheese omelet
Steamed new potatoes in jackets
Mixed green salad with sliced tomatoes
Enriched bread with butter or fortified margarine
Warm gingerbread
Milk

9.

Sausage roll
Mashed potatoes
Buttered carrot strips
Enriched bread with butter or fortified margarine
Peach cobbler
Milk

10.

Baked lima beans with bacon
Scalloped tomatoes
Sliced cucumber salad
Whole-wheat rolls with butter or fortified margarine
Baked custard - sliced peaches
Milk

11.

Braised liver
Creamed new potatoes
New cabbage
Whole-wheat bread with butter or fortified margarine
Applesauce cake
Beverage

12.

Fish loaf with tomato sauce
Parsleyed new potatoes
Cabbage and green pepper salad
Enriched roll with butter or fortified margarine
Chocolate nut pudding
Beverage

13.

Vegetable plate:
  Cottage cheese salad
  Parsleyed-buttered carrots
  Baked potato
  Sliced tomato
Wholewheat bread with butter or fortified margarine
Peach Pie
Milk

14.

Roast pork
Browned new potatoes
Yellow summer squash
Enriched bread with butter or fortified margarine
Ice cream or sherbet
Beverage

Post In The Kitchen

Rules for Cooking Vegetables

1. Steam tender vegetables, such as asparagus tips, broccoli, cabbage, and cauliflower, shallow pans without water.

2. Steam potatoes and root vegetables in perforated steamer pans.

3. Boil leafy green vegetables, green peas, green beans, corn on the cob, and onions in a steam-jacketed kettle using just enough salted water to bubble up through the vegetable.

4. Cover vegetables while they are boiling.

5. Do not stir vegetables unnecessarily while they are cooking.

6. Whenever possible, cook vegetables whole, or as halves, quarters, or strips rather than thin slices, small dices, or fine shreds.

7. Cook vegetables until just tender and serve them as quickly as possible.

8. Cook vegetables on a staggered schedule and replenish the stem table supply every 15 or 20 minutes.

9. Use the liquid in which vegetables have been cooked for soups, sauces, and gravies.

Post In The Kitchen

Timetable for Cooking Vegetables

Kind of Vegetable	Pre-Cooking Preparation	Method of Cooking	Time in Minutes 1/
Asparagus	Tough stalk removed	Compartment steamer	8 to 10
Beans, lima	Shelled	Steam-jacketed kettle	30
Beans, snap	Whole or cut in $1\frac{1}{2}$"lengths	Steam-jacketed kettle	20 to 30
Beets	Unpeeled	Compartment steamer	60 to 90
Beets	Peeled and diced	Compartment steamer	8 to 10
Beet greens	Tough stems removed	Steam-jacketed kettle	8 to 10
Broccoli	Outer leaves removed, stems split	Compartment steamer	12 to 15
Brussel sprouts	Trimmed	Compartment steamer	6 to 8
Cabbage	Cut into sections	Compartment steamer	8 to 10
Cabbage	Shredded	Compartment steamer	5 to 7
Carrots	Whole or cut in strips	Compartment steamer	15 to 20
Cauliflower	Broken into flowerets	Compartment steamer	5 to 8
Collard greens	Stems removed	Steam-jacketed kettle	20
Corn-on-the-cob	Shucks removed	Steam-jacketed kettle	8 to 10
Kale	Cut coarsely	Steam-jacketed kettle	15 to 20
Onions	Peeled, whole	Steam-jacketed kettle	15 to 20
Parsnips	Whole or half	Compartment steamer	20
Peas, green	Shelled	Steam-jacketed kettle	10 to 15
Potatoes, Irish	Pared, whole, or in jackets	Compartment steamer	25 to 40
Potatoes, sweet	Whole	Compartment steamer	30 to 40
Rutabagas	Pared	Compartment steamer	30 to 40
Squash, summer	Cut into wedges	Compartment steamer	12 to 15
Squash, Hubbard	Cut into sections	Compartment steamer	20 to 30
Spinach	Coarse stems removed	Steam-jacketed kettle	5 to 8
Turnips	Diced	Compartment steamer	20 to 30
Turnip greens	Tough stems removed	Steam-jacketed kettle	10 to 20

1/ The range in time is given to provide for differences in variety and maturity of vegetables which may affect the length of the cooking period. The minimum time should be used wherever possible.